

HEALTH builders

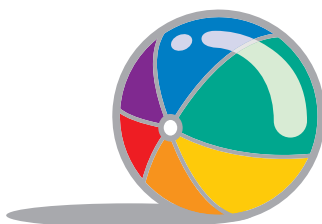


Activity Box

In order for your one year old to grow up healthy and strong, he needs to spend a lot of time on the move. He should not spend a lot of time in places that restrict his movement such as a crib or playpen, activity center, or car seat or baby carrier.

An Activity Box can help you with ideas of things to do with your child. Take 15 minutes to write down ideas on pieces of paper. Put the pieces of paper into a jar or empty tissue box, and when you need an activity idea, let your child pick one or two of the activities out of the box, and do it together. Here are some ideas to get you started.

- Play with play dough
- Build with blocks
- Dance
- Make a fort
- Go on a walk and look for green things
- Roll or kick a ball
- Pretend to be animals
- Twirl in circles
- "Paint" with water outside
- Try walking backwards
- Practice walking, running, turning and stopping



Walk the Plank

Learning about balance is important for your child. Lay a long, wide board on the ground, or put a long strip of masking tape on the ground. Show your child how to walk along the board or tape by putting one foot in front of the other, without stepping to the side. Hold your arms out to the side for balance. Then hold your child's hand and help her "walk the plank." See if she can do it without holding your hand.



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one year old

So Many Colors!

Eating different kinds of foods is important for your child to get all the nutrients he needs. One way to do this is to eat many different “colors” of fruits and vegetables. Next time you go to the grocery store, buy two or three different fruits or vegetables of the same color, for example, oranges, carrots and sweet potatoes. Prepare them so that your child can eat them (small pieces or cooked if needed). Then, at a snack or mealtime, try the different foods together. Talk about the differences in the colors, tastes, smells and textures. See what tastes and textures he likes. At a different meal, try another set of colored foods. Talk with him about how it’s important to eat lots of different foods, and how eating lots of different colors helps him be strong and healthy.

Explore Your Teeth

Your child will have several teeth by now, and you will need to brush them for him. Take a few minutes and talk to him about his teeth. Put your child in front of a mirror or hold a mirror where he can see his mouth and teeth. First show him your teeth. Let him touch them and count them. Show him how you brush your teeth, the outside, the inside, and the tops of your teeth. Talk to him about how important it is to keep his teeth clean by brushing, and to keep them strong by eating healthy. Make up a rhyme about brushing teeth, and then say it each time you brush his teeth. For example:

Brush, brush, brush.

We can't be in a rush.

**We have to clean
each one, and
cleaning is
so fun!**



Counting and Cleaning

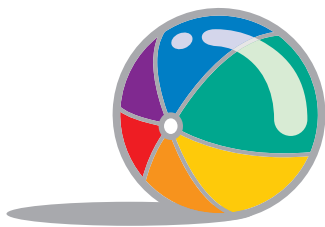
Your one year old may not always want to let you brush her teeth. One way to help her understand the brushing routine, and know what to expect is to count as you brush. Count from one to 10 as you brush, for each area of her mouth. For example, brush the teeth on the left side of her mouth, counting to 10. Once you've counted to 10, stop brushing that side and move to the front set of teeth, again counting to 10 as you brush and stopping when you say **TEN**. Then move to the left side of her teeth, counting to ten and brushing. Do this for the top, bottom, front and sides, and insides of her teeth. Your child might be more willing to let you brush her teeth if she knows you'll stop at a certain number, and she knows what to expect every time you brush.

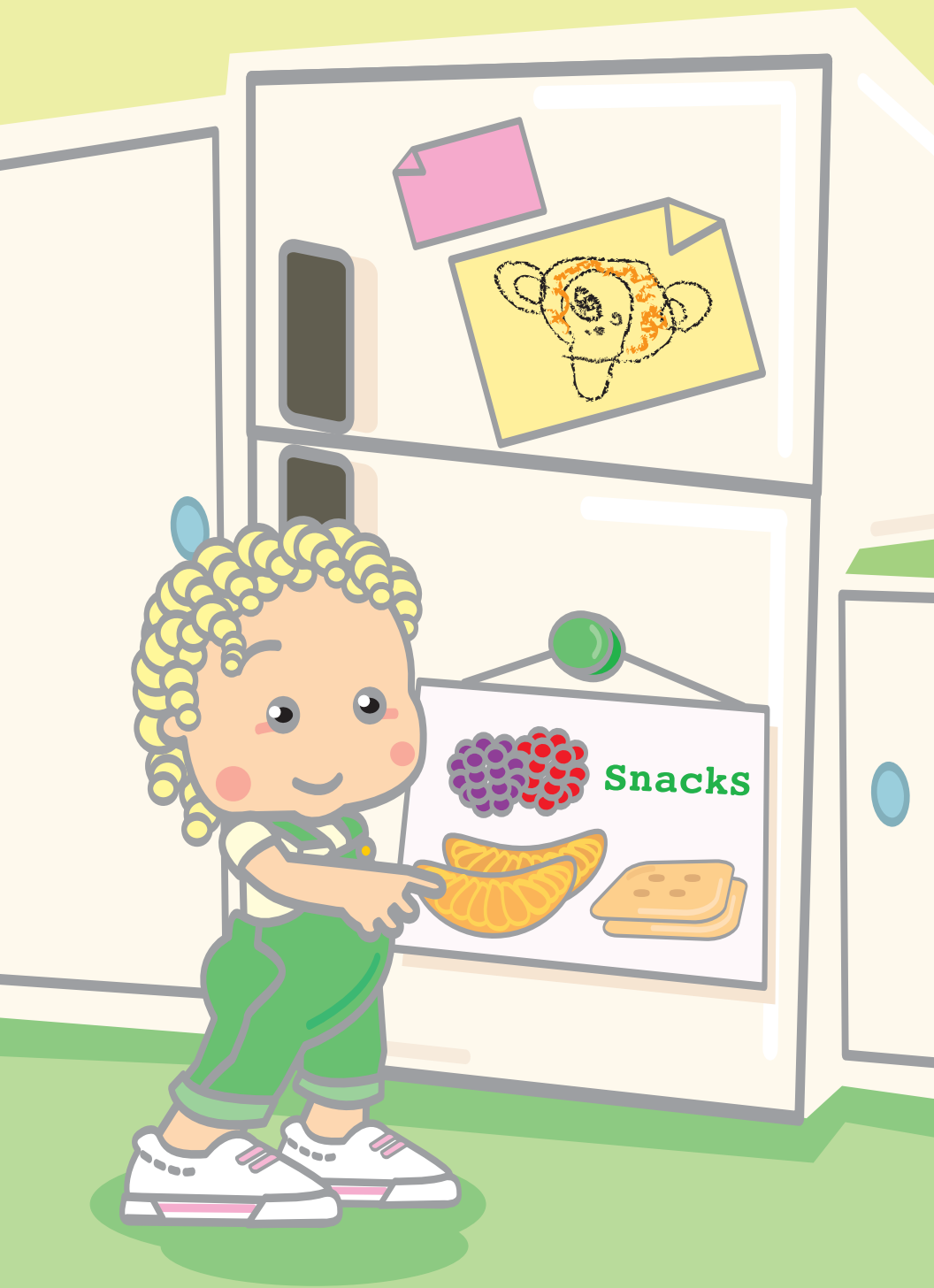


Snack Attack

Your one year old's stomach is still small, so she will need a couple of snacks in between breakfast, lunch and dinner meals. Make a list of things she likes and hang it in the kitchen or on the refrigerator. Make it more fun for your one year old by having snacks she can feed herself. At this age, your child likes to make choices, so you can help her practice this skill by giving her simple choices (like choosing between two snacks – applesauce or a banana). You can also make it fun by using dips or cutting the food into interesting shapes. Remember to keep the pieces bite-sized. Here are a few healthy snack ideas:

- Graham crackers
- Berries or other fruit with yogurt as a dip
- Vegetables with salad dressing dip
- Cheese sticks or slices (cut into fun shapes)
- Quesadilla triangles
- Freezer waffles
- Jicama sticks
- Orange segments or "smiles"
- Edamame beans, cooked and cooled





Healthy Books

Take your one year old on a special trip to the library to find books about health. There are books about teeth and going to the dentist, books about your child's body and about going to the doctor. There are books about eating and about growing. If you don't know your library very well, ask a librarian to help you find picture books for a one year old about the topic you want (like teeth, our bodies, or going to the dentist or doctor). The librarian is there to help you, and the library has a special section just for children so you can find books that are fun, not boring.



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one year old

Sweet Sleep

Sleep times – naps and nighttime – can be stressful times for parents and children. One way to make it easier on you and your one year old is to create a bedtime routine. Repeat this routine every time you put your child down for a nap or for the night, and he will come to expect it. It can be as simple as having a bath, brushing his teeth, and reading a book together. Sometimes a child takes longer to wind down, so you might plan for a longer routine – perhaps a bath, snuggling and reading a few books together, brushing his teeth, and singing him songs or retelling the events of his day to him and scratching his back while he is lying in bed. When you make your bedtime routine, think of quieter, relaxing activities to help your child ease into bedtime.



Make Leaving Easier

During this year, your child may begin to have a harder time when you have to leave her, sometimes called “separation anxiety.” Create a “goodbye routine” (similar to sleep time routines) that can help your child. Don’t sneak out when your child isn’t looking. Instead, tell her you’re leaving and let her know you’ll be back. Make up a goodbye routine just for your child, like a special handshake, blowing kisses, and looking into her eyes. It might help your child to have an object to hold like a blanket or stuffed animal or picture of you. For example, you can say your special goodbye to the stuffed animal, and then to your child. Or keep the picture of yourself or family in a special place where your child can look at it when she’s missing you.



one year old



Cough, Sneeze, Wash!

Washing hands is a good way to get rid of germs that can make your child sick. Your one year old probably enjoys copying actions you do, so make a game of washing hands to teach him the right way to clean up. Pretend you have a cold.

**Oh no! I have a cold. Look,
I'm coughing and sneezing!**

Pretend to cough and sneeze. Encourage your child to pretend to cough and sneeze too. Show him how to cover his mouth or nose, when he coughs or sneezes. Then say,

**We need to wash our hands!
How do we do it?**

Show your child how to use soap and water, count slowly to 20 while scrubbing, and then dry his hands completely. Talk with him while you are washing your hands together about how important washing is to keep healthy, and about how he can do a great job of washing his hands. Practice washing through play, and then help your child wash up when he really needs it too! Singing a song as you wash can help him keep scrubbing for 20 seconds.

Notes